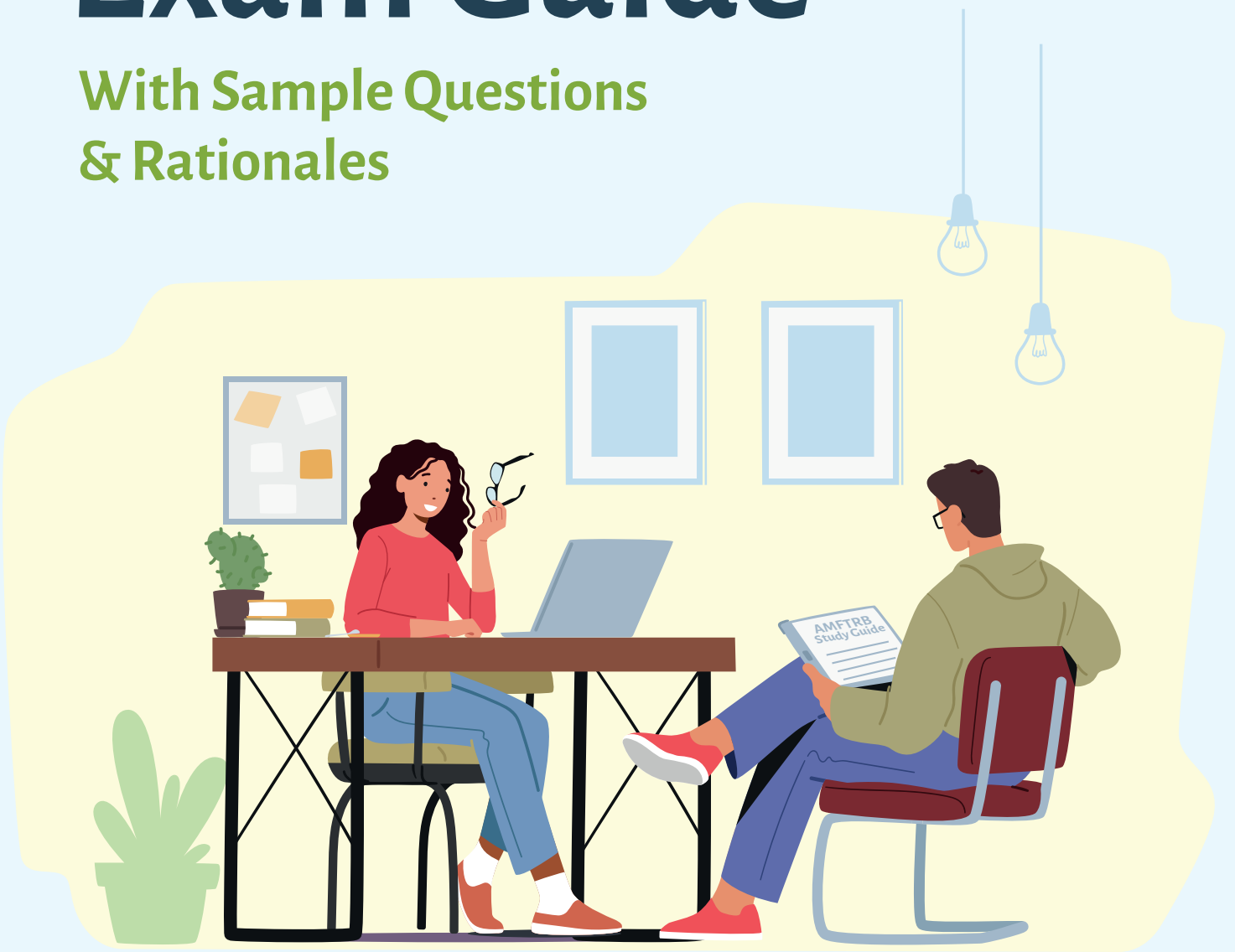




AMFTRB Exam Guide

With Sample Questions
& Rationales



Authors



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Asya is a licensed MFT. Her therapeutic style integrates elements of Hakomi, mindfulness and attachment-based practices, gestalt interventions, and relational psychodynamic psychotherapy. Asya is particularly excited to be part of the TDC team because of her own success in passing both MFT licensure exams using the TDC study method.



Robin Gluck, LMFT

Robin is the Vice President of Continuing Education and a Co-Founder of the Therapist Development Center. Robin used TDC to pass her licensing exams successfully. She found TDC programs helped her to learn all of the material, overcome the anxiety that she initially felt while preparing for her licensing exams, and, most importantly, become a better therapist.

Robin joined TDC in 2012 as an exam coach and now serves as the Executive Director. Robin remains dedicated to ensuring TDC is not only the best at helping therapists prepare for their licensing exams, but also the go-to place where pre-licensed and licensed therapists can develop their clinical skills.

To learn more about Asya and Robin
visit www.therapistdevelopmentcenter.com/about-us



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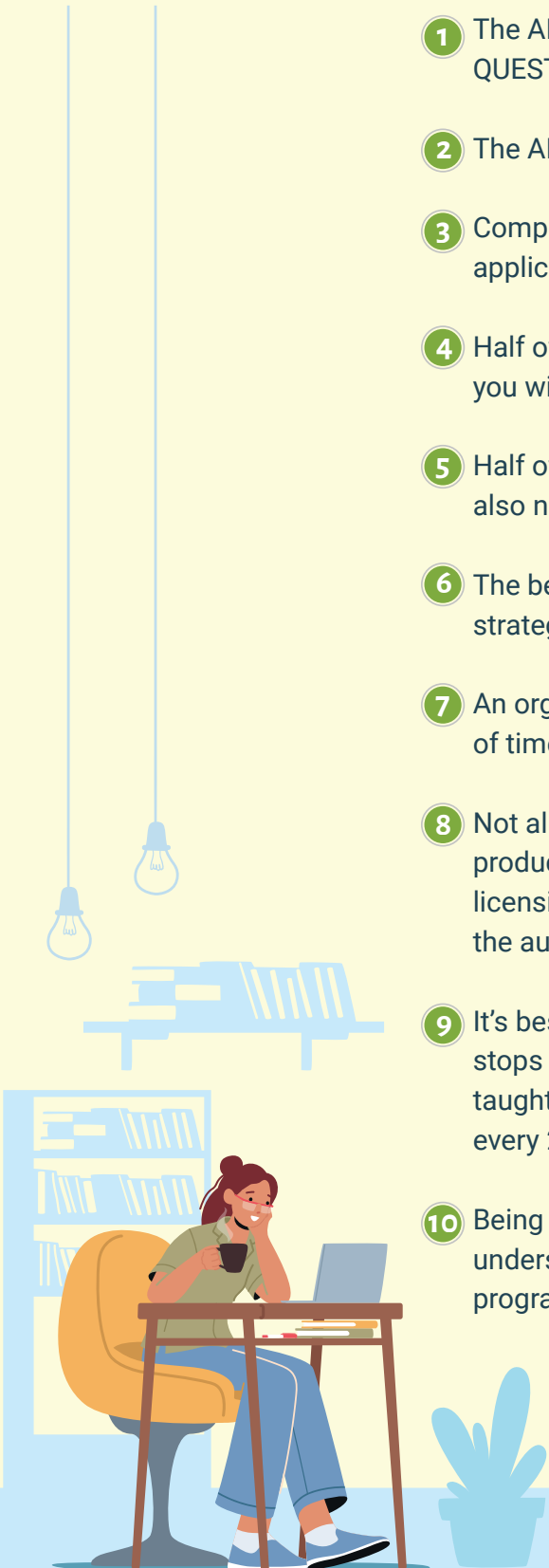
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AMFTRBTIPS

10 Study Tips

For Success on the AMFTRB Exam



- 1 The AMFTRB Exam is challenging but fair. There are NO TRICK QUESTIONS. With the right tools, you can pass with confidence.
- 2 The AMFTRB Exam is a measure of your competence.
- 3 Competence is measured through reasoning-based, recall and application questions.
- 4 Half of the questions on the AMFTRB exams are reasoning-based, so you will need clear strategies to know how to figure out the answers.
- 5 Half of the questions are recall and application-based, so you will also need to have a solid understanding of key concepts and terms.
- 6 The best way to manage test anxiety is to have clear test taking strategies so you know how to read the questions.
- 7 An organized study plan is essential. Otherwise you can waste a lot of time “studying” but not actually “preparing to pass.”
- 8 Not all exam prep materials are created equally. In fact, most study products and workshops are created by people who have NEVER taken licensing exams. Some aren’t even MFTs. Be sure to find out whether the authors and instructors have the right credentials and experience.
- 9 It’s best to study in sessions of 2 hours or less. The average person stops learning after 90 minutes, so you won’t learn most of what is taught in daylong workshops. If you plan to study “all day” take breaks every 2 hours to go have some fun, exercise, snack, meditate or rest.
- 10 Being able to talk through concepts and rationales you don’t understand is essential to the learning process. Look for a study program that provides access to coaches who have taken the exam.



Practice Questions

What to Expect from AMFTRB Exam



- 1 A therapist meets with a new client who is complaining that she has been feeling anxious. She states that she isn't sure why she feels this way because everything in her life is going well. She shares that she has a healthy relationship with her partner, has a good relationship with her daughter and grandchildren and stays busy volunteering at her church. The therapist should first:
 - A. Refer her to a psychiatrist for a medication evaluation.
 - B. Assess for a history of anxiety in her family.
 - C. Clarify what the client means by "feeling anxious."
 - D. Administer the Beck Anxiety Inventory.

- 2 A therapist meets with a family for an intake session. The parents complain that their 15-year-old daughter regularly questions their authority and no longer wants to spend time with the family. They add: "All she wants to do is be with her friends." How should the therapist proceed?
 - A. Recommend family therapy to address the dysfunctional familial dynamics.
 - B. Provide psychoeducation regarding normal adolescent behavior.
 - C. Explore how the family members maintain homeostasis.
 - D. Initiate individual therapy with the daughter.

Case Scenario (for questions 3 and 4): The mother of a 4-year-old girl is referred to therapy by the child's preschool teacher. The child has recently been urinating in her bed, has been crying during drop-off and does not want to leave her teachers at the end of the day. The mother informs the therapist that she and her boyfriend have been fighting over finances and they are expecting a child in two months.

- 3 Question: The therapist's FIRST priority is to:
 - A. Assess the boyfriend's relationship with the daughter.
 - B. Refer the daughter to a child psychologist for testing.
 - C. Assess for potential child abuse.
 - D. Obtain a release of information to speak with the daughter's preschool teacher.

- 4 In order to assess the child, the therapist should administer:
 - A. Test of Nonverbal Intelligence
 - B. Kinetic Family Drawing
 - C. Conners' Rating Scale-Revised
 - D. Wechsler Intelligence Scale for Children

Practice Questions

What to Expect from AMFTRB Exam



- 5 A therapist meets with a client who expresses suicidal ideation. The therapist should FIRST:
- A. Explore if the client has plans and means.
 - B. Shift the focus to client's strengths.
 - C. Determine client's level of spirituality.
 - D. Avoid asking questions that can escalate suicidal risk.
- 6 The term EMOTIONAL CUTOFF refers to:
- A. The lack of intimacy between partners.
 - B. Unresolved emotional attachment to a person's family of origin.
 - C. A family's lack of connection with external support systems.
 - D. Two people under stress bring in a third person to minimize anxiety.
- 7 What is a T-TEST:
- A. A statistical technique that compares and contrasts one variable in two or more populations.
 - B. A formula for evaluating the means of two groups.
 - C. A statistical technique used to compare and contrast the means of two or more populations.
 - D. The midpoint of the observations when data are arranged in increasing order, the score that divides the distribution in half
- 8 A client seeks services at a community mental health center. He reports that his chief complaint is that he can't get a job so he is "stuck living in his parents' basement." He is dressed in pajamas with a necktie. He reports that his only friends are people he knows online in an alien tracking club. He asks if the therapist believes in ghosts. What diagnosis should be considered for this client?
- A. Schizoid Personality Disorder
 - B. Schizophrenia
 - C. Schizotypal Personality Disorder
 - D. Schizophreniform Disorder



Answers & Rationales

What to Expect from AMFTRB Exam



- 1 C** Rationale: C is the best answer to this question because it is specifically asking what the therapist should do first. The woman indicates feeling anxious, but it's not clear if she meets the clinical criteria for anxiety or if "feeling anxious" holds a different meaning for her. The therapist needs to understand what is meant by "feeling anxious" before taking any additional steps. A, B, and D would be appropriate interventions if the client meets the clinical diagnosis of anxiety, but we cannot make that determination without clarification.
- 2 B** Rationale: The parents are describing behaviors that are part of normal adolescent development. We would start by providing psychoeducation since the parents view their daughter's behavior as problematic. A is incorrect because there is no indication of dysfunctional familial dynamics. C can be ruled out because the stem does not talk about the family maintaining homeostasis. D is incorrect because the need for individual therapy is not indicated and if any therapy is pursued, family therapy would be more appropriate.
- 3 C** Rationale: The symptoms described are common in children who are victims of abuse, so the priority is to address safety concerns and assess further (C). A, B, and D can be done after the therapist assesses for child abuse.
- 4 B** Rationale: B is the best answer because the Kinetic Family Drawing tool is used with children and can assess family relationships and dynamics within the family. A and D are intelligence tests and do not address the presenting concerns. C The Conners' Rating Scale is used to assess ADHD, which is also not indicated in this scenario.
- 5 A** Rationale: When a client expresses suicidal ideation, the first task of the therapist will be to assess for a plan and means. The therapist should stay focused on the possible risk of suicide and not shift away from the client's thoughts or avoid asking questions, B or D. C is possible, but only after assessing for plan and means.
- 6 B** Rationale: Emotional cutoff is a term linked to Bowenian therapy and refers to the unresolved emotional attachment to a person's family of origin.
- 7 B** Rationale: A T-Test is a formula used to evaluate the means of two groups. A is describing ANCOVA, while C is the definition of ANOVA, and D is describing the median.
- 8 C** Rationale: This is a good example of a diagnosis question. Schizotypal Personality Disorder is characterized by social isolation, odd behavior, unusual dress and thinking, and unconventional beliefs.

What Therapists Say

Who have passed with TDC



“ This study system is absolutely phenomenal!!! I had been out of school for 4 years when I finally decided to take the national MFT exam. I was beyond rusty on everything from theory, to ethics, to how to even take standardized tests. The TDC system prepared me for all of it. It walked me through each domain step by step and gave me plenty of room to practice and test myself. I felt like God, Amanda and the TDC team were with me all the way into the room. And the best part? I scored 14 points higher than necessary and passed on the first try! It's well worth the money. I would recommend it to anyone!!!!

—**Kiarra L Thorne**

“ We did it again! I passed the National MFT exam on my first try with a score of 153 (passing was 124). You all helped me pass both of my CA licensing exams 8 years ago on the first try, also scored in the mid to upper 80's percentage wise. Now they helped me pass my National MFT exam on the first attempt. When I reached out for a discount code I was only expecting a small discount and was blown away at the discount you all provided as a returning customer. I can't say enough about TDC and all your help. I am also super excited you all have CEU courses now... you've helped me in many ways and I can't thank you all enough!

—**Colleen Weyrens**

“ You will not regret buying this study program. I passed the national MFT exam for the first time with flying colors. I am recommending it to all of my friends from graduate school who are preparing to take the exam. This program is great for any learning style and you learn test-day strategies that make a difference!

—**Victoria Secrist**

“ When I first started studying for my national MFT exam, I was all over the place. A social worker friend suggested I purchase this course. He highly recommended the course because, like me, he was floundering when studying on his own. The course is organized, has practice exams and quizzes, and puts studying into a perspective that made sense to me. I highly recommend this course to anyone who is studying for the MFT exam.

—**Dr. Anne Marie Rakip**





Study With Us

Learn How Our Program Works

- ✓ Our AMFTRB Study System is an online program that you can access immediately once you sign up. Just log in and start studying.
- ✓ We provide an organized, 10-step study plan with handouts, lectures, Quick Study sheets, quizzes, and practice exams.
- ✓ Our program includes 750+ online practice questions like the ones in this guide.
- ✓ In addition to reviewing content, we emphasize the test taking strategies and reasoning skills you need to pass.
- ✓ We provide FREE access to EXAM COACHES to answer any questions you have while studying, including whether you are ready to take the exam.
- ✓ We are with you until you pass. Extend or repeat the program for FREE. You only pay ONE time.
- ✓ 95% of MFTs pass using our system in one try.



Study Smart. Sign up today.
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